

Abstract

- Title:** The basics of self-defense for helping professions
- Goals:** The goal of this work is to define risks arising from the nature of the helping professions and to find out possibilities leading to minimization of these risks. The main goal of this work is to develop a training program for clients who face attacks not only on the performance of their profession but also on their life or health.
- Methods:** The identifying of risks and opportunities for target group training was performed using analysis of available resources and using exploratory investigation carried out with target group representatives.
- Selecting the most appropriate tactical and strategic solutions, defensive techniques, training methods and pedagogical procedures has been conducted by facts research in accessible resources in dealing with risky situation, self-defence, psychology, law, social communication and education. The verification and the modification of the training programme ran continuously during the test training with target groups and through consultations with experts in certain field.
- The final verification of the effectiveness of the created system was solved partly by the accreditation of relevant ministry to which competency the target groups belong and especially by the critical evaluation of invited consultants.
- Results:** After defining the risks and investigation training target groups possibilities, the education programme has been elaborated. The programme is accredited by relevant ministry and it is classified as a course in the Lifelong Learning Programme at the University of Hradec Králové.
- Key words:** risk, conflict, attack, helping professions, social worker, training, teaching, preparation, defense